Cheyenne & Arapaho TRIBAL TRIBUNE

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Rallying voices and awareness for missing and murdered Indigenous women

By Latoya Lonelodge, Staff Reporter

As the sun shone bright on a gallant statute of an Indian warrior at the very top of the Oklahoma State Capitol on a warm Saturday afternoon, many tribal citizens gathered outside of the front capitol steps.

On May 6 Matriarch and American Indian Movement (AIM) organized a rally for Missing and Murdered Indigenous Women (MMIW) in Oklahoma City. Many speakers came forward to share their personal experience on this sensitive topic. Speaking of missing and murdered Native women is an uneasy truth to talk about within Native communities; but many agree that education and awareness are topics worth discussing.

According to statistics, homicide has become the leading cause of death among Native American women. Partners, family members or close acquaintances are responsible for three in four fatal homicides involving women.

As cases related to MMIW occur far and wide, MMIW's Oklahoma City rally included local speakers. Cheyenne and Arapaho tribal citizen Larenda Morgan, spoke openly from past experiences of local tragedies within Oklahoma,

"I'm here today to bring awareness to the missing and murdered indigenous women but also to bring awareness to some of the local events that have happened," Morgan said.

She said her cousin Ida Beard, a Cheyenne and Arapaho tribal citizen, had been missing since June 2015.

"She went missing and I just wanted to talk a little bit about her life because as a Cheyenne and Arapaho family, we haven't really talked about it because we've been waiting for her to be found or to show back up so it's been a really sensitive topic in our family that we haven't shared. I feel it's important that her story be shared," Morgan said.

Since Beard's disappearance, a missing person's report has been filed but has not received much attention from the police department or the media.

Morgan said that Beard's story has not been publicized since her disappearance and hopes by sharing her story that community acknowledgement will be brought to light,

"I was just here today to kind of bring a little bit attention to her case but also to talk about the importance of acknowledging our local community, the things that happen in Oklahoma, in our tribes. I know her case is not the only one in Oklahoma where Native women have gone missing or murdered," Morgan said.

Another story shared by Morgan was once known as the most notorious crimes in Oklahoma called the 1987 State Fair Mur-

Missing/murdered women / *pg. 4*

Photo by Rosemary Stephens

Cheyenne and Arapaho Tribes celebrate graduates at annual banquet

By Latoya Lonelodge, Staff Reporter

With each passing year a new era of graduates are getting ready to embark on the next chapter of their lives. The question at hand for those getting ready to walk the stage is what will they do next.

On May 4 the Cheyenne and Arapaho tribes Higher Education department held their annual graduation banquet celebrating high school and college graduates. Families and friends, along with honorary educators, joined together to congratulate those who will be graduating in the spring and summer terms, as well as those who have graduated college just recently in December.

With tables neatly decorated with confetti, sweets and treats, the room overflowed with smiles, laughter and applause as each student made their way to the podium, shaking hands in the honorary receiving line.

Student biographies were read one-by-one, filled with accomplishments, honors and individual dreams for the future.

"It seems like it's growing every year, we get more and more that are graduating, which to me is really an accomplishment from what our people are about, what they're wanting to do with their lives," Cheyenne and Arapaho Governor Eddie Hamilton said.

Sharing with the students and their guests was keynote speaker Damon Dunbar. Dunbar, who is in his 16th year of employment with the Cheyenne and Arapaho tribes currently serves as the director for Community Development and acting director for the Environmental Protection Agency (EPA). With education being a prime factor in Dunbar's background, accomplishing his goals were not always easy in his situation, as he struggled to overcome addiction,

"My education accomplishments have been a long road in my life, I began right out of high school and went straight to college at Cameron University. I lasted three semesters of hanging out with my friends, going to bars and thought I was having a good time. The classes were not that hard, but saying no to my friends was," Dunbar said.

With the start of a new chapter ahead of the soon-to-be graduates, Dunbar encouraged all students to not give into the peer pressure that he once had to overcome but to also never stop making and achieving goals,

"There's nothing wrong with being sober and sobriety can be very cool. I graduated with my bachelor's degree when I was 41 and my master's degree at 58. It's never too late to keep reaching for something that matters to you."

Ashley Barcindebar, Watonga High School graduate makes her way down the receiving line shaking hands. Graduates received a monetary gift and certificate compliments of the Cheyenne and Arapaho Tribes' Higher Education Department. (Photo / Latoya Lonelodge)

With his educational experience, Dunbar soon chose to begin his career working for the Cheyenne and Arapaho tribes right out of college. Of the many positions Dunbar has held, working for EPA was the most notable.

"I used my technical training from Southwestern in my everyday activities that I did for the EPA," Dunbar said. "Working to protect and preserve mother earth's natural resources has opened my eyes to how fragile she is. I'm very concerned about our water and especially our water resources we have in the Cheyenne and Arapaho service area. Water is sacred to the Cheyenne and Arapaho people; we use it in all of our ceremonies."

Dunbar also did a presentation entitled 'Protecting Mother Earth,' to showcase daily and weekly issues the EPA addresses. Through education, experience and involvement working with the tribes, Dunbar's sincerity lies within helping his tribal community and hopes to see tribal members seek their education,

"As this year's graduating class many of you will go to college, some of the you may decide to attend vocational school to learn your trade, some of you may seek employment somewhere to earn a living and some of you may decide to go into the military branches, whatever you decide to do, I wish you well and offer all my prayers to each one of you," Dunbar said in his closing remarks.

Honored educators for the banquet were Dara Franklin and Joyce Twins. Special recognitions were bestowed on Autumn Asher, Kyle Haverstrom, Carmen Clelland and Natalie Youngbull for their educational accomplishments.

Little steps ... BIG gains - National Walking Day

Over 127 staff, patients and visitors of the Clinton Service Unit (CSU) laced up their walking shoes on April 5 to hit the pavement for the American Heart Association's National Walking Day. Every April the American Heart Association celebrates the benefit of physical activity through encouraging all Americans to commit to being more active on a regular basis.

The Cheyenne and Arapaho tribes' Health Education program teamed with CSU's Physical Therapy and Public Health Nursing departments to host events at Clinton, El Reno and Watonga Indian Health Centers. The walking trails were lined with tips and recommendations to educate walkers not only on the benefits of walking, but reasons to quit smoking.

There are countless ways to get active, but walking has the lowest dropout rate of them al. It is the simplest positive change a person can make to improve their heart health.

"For most people, getting through the day without at least a little walking is nearly impossible," Haley Larsen, physical therapist assistant said. "Walking shouldn't be a chore, or event just a mode of transportation."

Studies have linked walking at least 30 minutes a day to a host of benefits. Walking can help reduce the risk of heart disease and stroke, improve blood pressure, blood sugar and cholesterol levels, maintain body weight and lower the risk of obesity, enhance mental well-being, reduce the risk of osteoporosis, reduce risk of breast and colon cancer and reduce risk of type 2 diabetes.

Stop dragging your feet, get moving!

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Native students inducted into Oklahoma Indian Student Honor Society

Sage Peyton, Cheyenne and Arapaho from Piedmont High School was inducted into the Oklahoma Indian Student Honor Society.

By Latoya Lonelodge
Staff Reporter

Of the many qualifications that are often reviewed among Native high school students, achieving a high grade point averaged is encouraged. However, students throughout all Oklahoma tribes and communities are achieving honors for their cultural and community involvement as well.

On April 27 students and families were invited to join a ceremony of induction for Native American students into the 2017 Oklahoma Indian Student Honor Society (OISHS) that took place at the Choctaw Casino Resort in Durant, Okla. Students from all tribal backgrounds were nominated throughout Oklahoma for their high school achievements, including a high school or college grade point average of 3.9, participation in cultural activities, volunteer work and demonstrating leadership.

While having a 3.9 GPA is well qualified, leadership and preparation for the future prove to be of greatest importance according to OISHS and what they look for in applications submitted,

"These students are going to be our leaders, so we're hoping that they are preparing themselves and that they're going to take on roles in communities, local, state, global and that they will work to perpetuate culture, language, education; the values that we have in the organization as native people," Samantha Benn-Duke, OISHS President-Elect said.

Among those honored at the OISHS banquet were Charlee Bushyhead, Allen Sioux Jr. and Jayci Bear, Cheyenne and Arapaho tribal youth. (Photo / Latoya Lonelodge)

OISHS first began in 1989 and has since continued its goal of reaching out to accomplished native students throughout communities. This year OIHS inducted nearly 1,000 students, a 20 percent increase from the previous year's induction as more student nominations grow each year.

As friends and families filled the room with tables draped with red velvet tablecloths, the honorary students prepared to receive their certificate upon induction.

OISHS staff agreed that one of the things most notable about the night's event was the support from the students' friends and families,

"I think it was a phenomenal success, we're thinking close to 600 people attended, which is phenomenal and we're proud of all the students and the support systems that they brought. I mean that's one of the things that we know is they need a support system, a lot of support, and that's a cultural thing. It is generational. Most had a support system, I think that's something great for native people," Tammy Charles, OISH parliamentarian said.

OISHS is a part of the Oklahoma Council for Indian Education (OCIE) and a branch of the National Indian Education Association. Their mission is to advocate for Native American students within the state of Oklahoma. Promoting, expanding and collaborating on Indian education and culture is the basis of OCIE's guiding principles.

For more information about OCIE visit www.oklahoma-ocie.org.

Announcing Annual Graduation Publication
June 1, 2017

CHEYENNE & ARAPAHO 2016 GRADUATES COLLEGE
CHEYENNE & ARAPAHO 2016 GRADUATES HIGH SCHOOL
CHEYENNE & ARAPAHO 2016 GRADUATES HEAD START

Deadline to Submit High School/College Graduate Photographs is May 16, 2017

Please Note:
Head Start Graduation Photos will be taken at each Head Start Center
Notices will be sent to Parents of Picture Day

Any graduates attending the annual Cheyenne & Arapaho Tribes' Graduation Banquet May 4 will have an individual photo taken for publication.

To mail a photo send to Tribal Tribune, c/o Rosemary Stephens, PO Box 38, Concho, OK 73022 (Please include return address to return photo)
To email send to rmstephens@c-a-tribes.org

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GEARY OUTREACH

The Cheyenne & Arapaho Tribes are pleased to announce that we have entered into a Cooperative Agreement with the Department of Interior's Land Buy-Back Program. Currently out of the 150 tribal nations, our tribal land base is listed in the top 25 at risk for fractionation. The Land Buy-Back Program will give the tribes an opportunity to purchase eligible fractionated interest within the current tribal land base. These purchases will transfer to the tribes directly into Trust status, aid in future economic and agriculture development and strengthen our Tribal sovereignty.
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Oklahoma Indian Legal Services
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From Darlington to Doctorate

Dr. Natalie Rose Youngbull addresses student body at Darlington Public School

By Rosemary Stephens, Editor-in-Chief

As an elementary student at Darlington School, Natalie Rose Youngbull could never imagine the educational journey she has traveled.

From a kindergartener through eighth grade student at Darlington, to a Doctorate of Philosophy graduate from University of Arizona, Youngbull has kept her focus on Native Americans and higher education.

So on May 4 Youngbull returned to where it all began for her … Darlington Public School, to be honored by teachers, administrators, and most important, to be a shining example for current students of the heights they can reach.

"You know in all honesty I feel like this is one of the highest honors I could ever receive because Darlington has always been my home," Youngbull said.

She graduated in 1997 and can still remember strongly not wanting to leave Darlington after her eighth grade graduation.

"I remember I didn't want to leave. I think I even asked Mr. Meriweather if I could stay and they could like homeschool me or something, that's how much I loved Darlington. I consider Darlington as my educational foundation because it really set that path for me to be able to reach this milestone in my life," Youngbull said.

Born and raised in Oklahoma, Youngbull has worked continuously on her education. Upon graduating high school Youngbull was awarded the Gates Millennium scholarship, pursuing a Bachelor of Arts in Psychology degree from the University of Arizona, to a master's degree and recently a Ph.D. She was named one of the '40 Under 40' recipients in December 2016 by the National Center for American Indian Enterprise Development.

"Even when I went away to undergrad and then onto graduate school and all of my journeys, it was always really important to me when I came home that I stopped by Darlington and always be able to run into Mr. Meriweather no matter what day I stopped in and also other staff here. I love this school so much," she said.

Of course, the big question Youngbull seems to get asked a lot now is, 'What's next?'

Her answer is simple … serving Native students and promoting higher education.

"I work for the American Indian College Fund out in Denver, Colo. After you finish your Ph.D. then the question is what's your new job, what are you going to do and luckily I had gotten that job right before I finished my Ph.D., so I already had the job in place. Right now I work with tribal colleges and universities and I help them with their faculty and I love it. I love the work that I do," Youngbull said. "I am passionate about my work and especially American Indians and higher education. If I am not serving, directly, Native students I don't feel fulfilled. So right now my job really fulfills me because I know my efforts are having an impact on the students who are attending those tribal colleges and universities."

Dr. Natalie Rose Youngbull is greeted with a hug from Darlington student Nazhoni Sleeper. (Photo / Rosemary Stephens)

Deadline for change of address and W9 forms July 21, 2017

Adult Change of Address and W9 Process:

Please read instructions on the change of address form and W9. The change of address form requires all areas to be filled out according to instructions and to be **notarized**. If all areas are not filled out according to the instructions the forms will be returned, which will delay your paperwork. The W9 requires full name, address, social security number, signature and date. The address placed on the W9 will be the address check will be sent to. Please keep in mind this address should match with Enrollment's mailing address.

Please submit all change of address and W9 forms to Enrollment Department by above date. Forms can be mailed to you by calling the Enrollment Department at 405-422-7600 or 800-247-4612 ext. 27600 or printed off on website at www.c-a-tribes.org/content/department-enrollment.

Change of address form will need to be **notarized** before submission. Enrollment Department will forward all updated forms to the Per Capita office.

Per Capita office will mail your check or any letters concerning your account to mailing address on change of address and W9. Once paperwork is processed, Per Cap office will review accounts to determine if any past due checks are available for reissue.

Minor change of address forms need to be **notarized** and signed by **legal guardian**. All original guardianship documents should be turned in with minor change of address forms if needed.

If there is any child support, student loans or federal garnishments, that needs to be addressed.

For questions please contact the Per Capita office at 800-247-4612 ext. 27725 or (405) 422-7725.

All garnishments of child support, student loans, and/or federal garnishments need to be submitted to the Per Capita office by July 15, 2017.

Rumors spread like wildfires

C-A Governor addresses rumors surrounding recent casino audit in Letter to Tribal Citizens

(CONCHO-OK) As some may be aware, we were recently advised that concerns were identified by our auditors in the 2016 audit of the Tribes' gaming operations. Unfortunately, in this season of politics, some with early access to the casino audits have greatly exaggerated the concerns, intentionally misleading tribal members.

Let me be clear: Nothing relating to the 2016 audit indicates any theft or self-dealing under current casino management or regulators. Auditors were not denied access to information. Quite to the contrary, casino management and regulators worked closely and cooperatively with the auditors providing access and information. Unfortunately, the auditors were simply not able to issue audit opinions regarding financial statements within the time frame for completion. Essentially, the auditors could not complete the audit of the financial statements because the casinos were unable to finalize the financial documentation due largely to the antiquated casino accounting system and an inability to reconcile certain information as far back as 2008. Although this news is frustrating, it will not result in any shutdown, as some have suggested.

The challenges associated with our casinos should not come as a surprise to those who have followed the long history of our casino operations, and my Administration's efforts to clean up those issues. The audit issues appear to result from the lingering impact of the neglect, mismanagement and lack of competent regulation in the years prior to my Administration. Fortunately, our current management and regulatory personnel are committed to our continued effort to resolve those issues once and for all, and our relationship with the National Indian Gaming Commission (NIGC) has never been stronger.

In keeping with my effort to improve casino operations and regulation, and to ensure that the audit issues are addressed, I have initiated several actions. First, I have directed that the incomplete financial documentation be finalized and made available to the auditors as soon as possible. My understanding is that this will be completed shortly.

Second, I am currently in the process of securing the services of an accounting outfit with expertise in tribal gaming to conduct a rapid assessment of the casinos' accounting functions to pinpoint specific action necessary to eliminate the problems of the past.

Third, a few weeks ago prior to completion of the audit, as part of my ongoing commitment to improve the casinos I requested a comprehensive internal controls assessment by the NIGC to evaluate the strengths and weaknesses and make recommendations regarding the casinos' internal controls.These actions will be underway shortly and enable us to address the problems in short order. In addition, once we've implemented the recommendations, the NIGC will return to evaluate our progress.

Finally, I will insist that the Legislature approve the prior requests of the casino management for the purchase of a new casino accounting system – a critical need now echoed by our auditors. Our badly outdated accounting system was an apparent key factor in the audit issues that will linger until we replace it, so I call upon the Legislature to support the purchase.

After years of mismanagement and neglect, our casinos were in dire need of evaluation and reform when I took office three years ago. Unfortunately, much of our time has been taken up addressing the even bigger issue of identifying and stamping out the corruption of the past so we could avoid an NIGC shutdown.

When I came into office in January 2014, we immediately terminated the agreement with Clinton Land Holdings, and rid ourselves of the culprits. Additionally, we terminated or renegotiated other costly (and some potentially unlawful) contracts to save the Tribes money and prevent regulatory problems. We also cooperated, and continue to cooperate, with the NIGC to protect the Tribes' best interests. The NIGC has been, and continues to be, supportive of our work and encouraged by our progress.

It has taken the collective efforts of many dedicated individuals to begin to address the problems created by prior management and leadership, and this effort is ongoing. This process is not pretty, nor is it swift. The damage caused by years of shady dealings and neglect of our internal controls and accounting systems cannot be undone overnight. The desire for quick fixes is what led to some of our past problems. Patience – and committed management – will allow us to right the ship.

We are on the right path. For quite possibly the first time in the history of our gaming operations, both gaming management and our Gaming Commission are committed to exposing and rectifying our Casinos' longstanding problems. Vital to that goal is the implementation of recommendations from the upcoming assessments, together with the upgrading of our casino accounting system. Although the past issues we've uncovered have been challenging, it is deeply gratifying to lay a foundation that will protect future generations from repeating our unfortunate past.

Eddie Hamilton, Governor

Chickasaw begins 322-mile Washita River adventure

By Gene Lehman, Chickasaw Nation

(CHEYENNE, OK) Chickasaw master craftsman and artist Richard Thomas plans to kayak more than 320 miles down the Washita River to honor the memory of Southern Cheyenne tribal leader Black Kettle, who died near here 149 years ago.

Black Kettle lost his life in the 1868 "Battle of the Washita," which some historians characterize as a massacre, as George Armstrong Custer led his men in a daybreak attack on the Cheyenne's winter encampment.

Thomas said the trip is also intended to pay tribute to all tribes whose territory embraces the Washita's muddy meanderings through western, central and southern Oklahoma.

He plans to slip his personally-outfitted kayak into the stream Friday, May 5 at the Black Kettle National Grasslands. The Washita kisses the Texas Panhandle on the west then crisscrosses several tribal nations as it flows southeasterly through what was once Indian Territory.

LET IT RAIN

Timing is key for Thomas.

Thomas believes spring rains will have swelled the Washita. His kayak, loaded with potable water, jerky, nutrition bars and other provisions, rides low in the water. Thomas must have 2 feet of water flowing at Black Kettle. Otherwise, he'll walk the stream, pulling the kayak in as little as 2 inches of water.

"I'm not too worried about the trip. If a snake wants to get in the kayak it wouldn't have much trouble," he said with a big laugh. "Add to that the amount of medicine I take to stay alive and I'm taking about all I can," he notes with self-deprecating humor.

At 57, Thomas admits age is a concern. "I am physically able to do this now. I'm not sure if that will be true a year from now or two years from now."

He wishes to experience the adventure 'deliberately.'

Thomas will assess the "health" of the Washita River through water sampling. He intends to document sightings of wildlife, observe thriving and distressed species of trees and plants. He will take account of all living creatures he sees. He intends to share his information with officials and the tribes.

"I am not a scientist, but I can observe and take samples."

For more than 30 years, Thomas has earned his living as a master woodworker and refinisher. He is regularly employed by the Friends of the (Governor's) Mansion to refurbish and restore antique furniture and décor enjoyed by Oklahoma's governors. Regular customers bring him antique treasures for his healing touch.

Richard Thomas poses in his Oklahoma City workshop in 2014 with an 18th century French barn door he refurbished into a breakfast table for Friends of the (Governor's) Mansion. The master craftsman is tackling a 322-mile journey down the Washita River Friday, May 5, before taking part in the fourth annual Artesian Arts Festival in Sulphur, Okla., May 27. (Submitted photo)

He also is an artist who specializes in traditional and decorative weapons, such as bows, arrows, squirrel and rabbit sticks, tomahawks and other items. He will show his talent at the May 27 Artesian Arts Festival in Sulphur, Oklahoma.

"I am pretty sure I'll be tired, bug-bitten and beat up when

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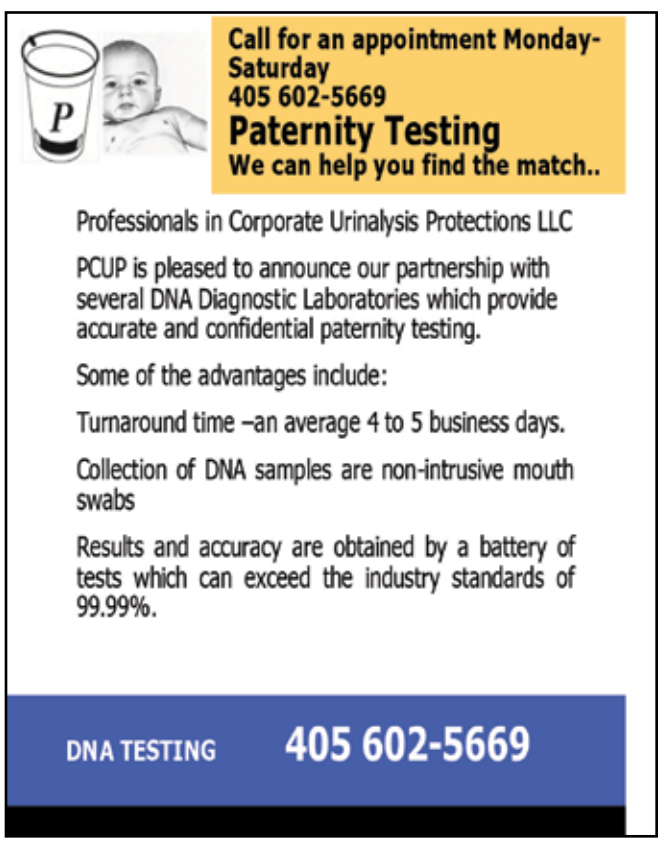
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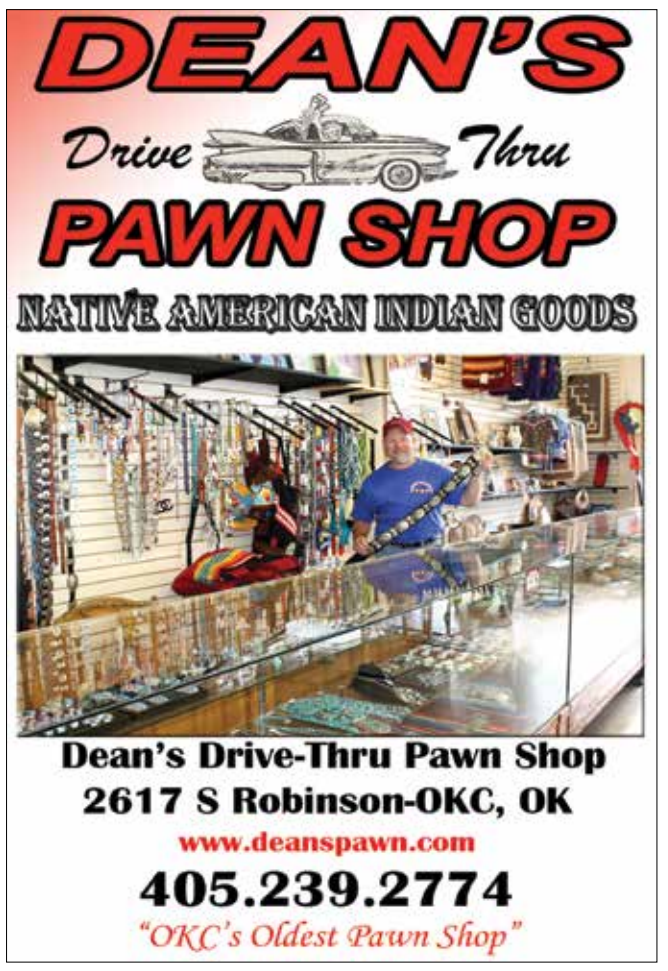

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Tribal Tribune

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2010-2016 NATIVE AMERICAN JOURNALIST ASSOCIATION MEDIA AWARD WINNER & 2012-2016 AWARD WINNER OF THE OPA BETTER NEWSPAPER CONTEST

Washita River

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the Artesian Arts Festival gets underway a few days after my trip, but I will have plenty of stories to tell," he said with a laugh.

NATIVE ANCESTRY

His Chickasaw heritage is of prime importance to him.

"Yes, I look like a European and my hair is bleached gray," he jokes. "One reason for the trip is to show I am a proud Native American," Thomas said. "As I get older, I realize it is more than merely a part of me. It's my being. I am 'Indian enough' and this trip reaffirms it for me," he stated matter-of-factly.

"I have written tribes up and down the Washita asking them to join in my journey," Thomas said. "Some tribes will travel with me while I'm in their territory. I have written sheriffs and game wardens and federal land managers who are excited about the trip. The one thing I am concerned about is having permission to camp on private property."

Water in the Washita is managed by the state and embarking upon a trip is legally permissible. However, once landfall is made on either bank, private ownership comes into play. Also, if Thomas has to portage the kayak overland, technically he may be trespassing.

"I will camp on land managed by the federal government at every opportunity, but I can't make the entire 322-mile trip without stopping on private property. Of course I will ask permission," he said.

BEATING OBSTACLES

Thomas' adventure is not without strenuous work even before he begins paddling.

Letters to tribes, county commissioners, the Corps of Engineers, state of Oklahoma, game rangers, national park officials and countless others were necessary to announce his 10-day journey on the Washita.

"It's been an experience, but it is worth it. I have lots of people who are excited to see this happen," Thomas said. "Gary Roller, who is a game warden in Rogers Mills County, told me the last time anyone has traversed the Washita was 75 years ago. I'm sure others have canoed some of it. I'm not sure anyone has tackled it from Roger Mills County to Tishomingo," he said.

The earth's elevation will aid Thomas on the trip. At Cheyenne, elevation is 1,933 feet above sea level. When he reaches Tishomingo, it will be 670 feet. "That is a drop of 1,263 feet which is an average of about 3 inches per mile," Thomas said.

Missing/murdered women

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ders. Cheryl Genzer, 25, and Lisa Pennington, 16, went missing for almost a month before their bodies were found. Genzer and Pennington were the daughters of Charlette Pennington, who was a Cheyenne and Arapaho tribal citizen.

Tribal citizen Larenda Morgan shares her personal story of the disappearance of her cousin Ida Beard.

"I grew up next door to them and so over the years I know their family really grieved and back in those days, in the 80s and 90s, there wasn't a lot of attention given to missing and murdered indigenous women. I wanted to share today just to encourage education and safety, not just for us as tribal women but for women in general living anywhere urban, on reservations or on tribal lands," Morgan said.

As tears were shed and hearts were poured out, sparks of awareness began to ignite the crowd as others came forward to share their stories.

"These are the sparks that lead to something bigger whenever you share ideas and you have conversations like the ones we have today, it sparks within other people as well. None of us have all the answers but there's somebody today that heard a bit of that and something sparked for them. They're going to have the next big solution or the next big piece of the whole puzzle to help us as a community," Sarah Adams-Cornell, Matriarch co-founder said.

According to the report: *Examining Federal Declinations to Prosecute Crimes in Indian Country*, criminal cases involving Native Americans were declined prosecution in 62 percent of criminal cases filed on behalf of Native people and 75 percent of sexual assault cases filed on behalf of American Indians and Alaska Natives.

"I think we have been trained, in a sense, to be silent and I think that is one of the worst things that is used as a weapon against ourselves, silence is probably the worst thing we could have that would go against us. But I think that these rallies are helping us to open up and create safe places and sacred spaces to share and within all of that sharing breeds solutions and protection," Kendra Wilson-Clements, Matriarch co-founder said.

As stories were shared, resources, awareness and lifesaving tools became available to those in need of support.

For any information linked to Ida Beard's disappearance contact the El Reno Police Department at 405-262-6941. For more information on MMIW, StrongHearts Native Helpline is available as a resource and lifeline for Native callers that can be reached by calling 1-844-762-8483.

EATING *healthy for* DIABETES

Tara Conway, MS, RD, LD, CDE
C&A Diabetes Wellness Program

May is National Stroke Awareness Month

What is a stroke?

Stroke kills almost 130,000 of the 800,000 Americans who die of cardiovascular disease each year, that's one in every 19 deaths from all causes.

A stroke, sometimes called a brain attack, occurs when blood flow to an area of the brain is cut off. When brain cells are starved for oxygen they die. Stroke is a medical emergency and it is important to get medical treatment as soon as possible. A delay in treatment increases the risk of permanent damage or death.

Are you at risk? Anyone, including children, can have a stroke. Every year about 610,000 people in the United States have a new stroke. Several factors beyond your control can increase your risk for stroke. These include your age, sex and ethnicity. There are unhealthy habits that contributes to stroke and habits that you can change.

Examples include smoking, drinking too much alcohol and not getting enough exercise. Having high blood pressure, high cholesterol or diabetes also increases your risk for stroke. Being overweight or obese and being inactive increases the risk for stroke.

How can I prevent stroke?

Aspirin may help reduce your risk for stroke. Be sure to check with your doctor before taking any aspirin as it can make some types of strokes worse.

Blood pressure: control your blood pressure.

Cholesterol: manage your cholesterol.

Smoking: quit Smoking or don't start.

Make Lifestyle Changes: Eat healthy and stay active. Choose healthy foods most of the time, including foods with less salt or sodium, to lower your blood pressure and get regular exercise. Being overweight or obese raises your risk of stroke. Remember summer is around the corner, stay hydrated to prevent a heat stroke.

Talk to your doctor about your risk factors for stroke, including your age and whether anyone in your family has had strokes. Get other health conditions under control.

The Diabetes Wellness Center has a certified personal trainer who can assist you with your physical activity regime and staff that can help you with meal planning.

For those of you that have applied for NYPD June 12-16, 2017, we thank you. If your application has items missing please get them the information ASAP. If application is not complete by May 19 your application will be rejected as incomplete and the persons on the waiting list will be accepted into camp.

For more information and tips on eating contact Tara Conway at the Diabetes Wellness Program 405-422-7685 or tconway@c-a-tribes.org.

For more information on exercise contact Anthony Zuniga at 405-42207683 or email him at azuniga@c-a-tribes.org.

Source: www.cdc.gov/stroke.

Geary community listening event with Clinton Service Unit

The community of Geary was encouraged to come out and share their thoughts at the Community Listening & Health Care Outreach Event held the evening of April 25th. CSU and health programs of Cheyenne & Arapaho (C&A) Tribes showcased the array of services offered for health and wellness.

CSU CEO April Wazhaxi, Watonga Pharmacist Annie Frymire, Purchase and Referred Care Director Julie Hoover, Director of Nursing Beverly Felton, and Director of Public Health Nursing Bonnie Kraft.

The listening session provides for an opportunity for administration and staff of CSU to hear the thoughts, ideas and suggestions by patients and community members. It is a chance to hear concerns, allows patients to pose questions to administration and give input to future services.

"The listening sessions provides a way for CSU to communicate better with the C&A Tribes, elders, and community," said C&A Health Board Chairman Allen Sutton. "We try to bring the information learned at these sessions to the elders and people who are unable to make the meeting."

Whether in person or online, CSU wants to hear from the community we serve. Patients and visitors are encouraged to fill out a survey of their experience after each visit to any of our three facilities (Clinton, El Reno, and Watonga Indian Health Centers). Paper copies of the CSU Patient Survey is provided at registration, or may be filled out online at www.surveymonkey.com/r/CSUPatientSurvey.

EDITORIAL

Justice, Sovereignty, Leadership

Within the resistant voice of captivity, a longing prevails in the human spirit, a yearning for human justice.

My Cheyenne people have been surrounded by an American government that has imposed severe sanctions on our abilities to live as sovereign and free peoples.

My own journey through this dilemma caused years of trauma and confusion. Ritual and ceremony and the love and support of my family, and poetry, are the reasons my life has turned toward a more positive cultural activism.

Indigenous people the world over are suffering today from programs of ecocide and ethnocide. The assassination of Honduran water protector Berta Caceres last year at the hands of mercenaries representing government sanctioned corporate entities represents a most dangerous precedent.

Since then and every month indigenous activists are being assassinated on this planet. The corporate world and unregulated capitalism cannibalizes all of the resources it controls, including humans.

In response to this draconian monster tribal peoples have, as we always have, placed our hearts, bodies and intellect on the front lines of resistance against these forces. To protect our medicinal and ceremonial knowledge we have listened to the earth's message.

Crazy horse, the Lakota warrior visionary predicted before his murder in 1878 a seventh generation of young indigenous activists. Iin the autumn of last year a group of young Dakota activists erected three tipis beside the Missouri River in an attempt to stop the Dakota access pipeline. They were attacked, in response nearly all the tribes in America, and indigenous peoples from many international communities, activists from non native groups, movie stars, musicians and American politicians and American combat veterans from Vietnam,

Editorial / *pg. 6*

BRIEFS AT A GLANCE

2017 National Tribal Public Health Summit

June 6-8, 2017 at the Dena'ina Center in Anchorage, Alaska. For more information or to register visit www.nihb.org.

The 2017 National Congress of American Indians Mid-Year Conference & Marketplace

June 12-15, 2017 at the Mohegan Sun Resort in Uncasville, CT. For more information or to register visit www.ncai.org.

The National Alaska Native/American Indian Nurses Association Conference - Rekindle the Spirit: Reconnect the Circle of Indigenous Nursing

June 16-17, 2017 at the St. Catherine University in St. Paul, MN. For more information or to register visit www.aihec.org.

Indirect Costs Basics for Tribal Organizations

June 22-23, 2017 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The 2017 AMERIND/ National American Indian Housing Council's annual Convention & Trade Show

June 26-29, 2017 at the Nashville Music City Center in Nashville, Tenn. For more information or to register visit www.naihc.net.

Budgeting for Tribal Office Managers and Administrative Assistants

June 29-30, 2017 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

2017 National UNITY Conference

July 6-10, 2017 at the Colorado Convention Center in Denver, Colo. For more information or to register visit www.unityinc.org.

Managing Difficult Employees for Tribal Supervisors

July 10-11, 2017 at the Apache Casino Hotel in Lawton, Okla. For more information or to register visit www.falmouthinstitute.com.

Self-Governance: The Future of Compacting for Tribes

July 18-19, 2017 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

Conducting Credible Tribal Elections

July 24-25, 2017 in Las Vegas, Nev. For ore information or to register visit www.falmouthinstitute.com.

Tribal Court Procedures

Aug. 23-24, 2017 in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The American Indian Science and Engineering Society National Conference - 40 Years Supporting Native People in STEM

Sept. 21-23, 2017 in Denver, Colo. For more information or to register visit www.conference.aises.org.

HAPPY BIRTHDAY!

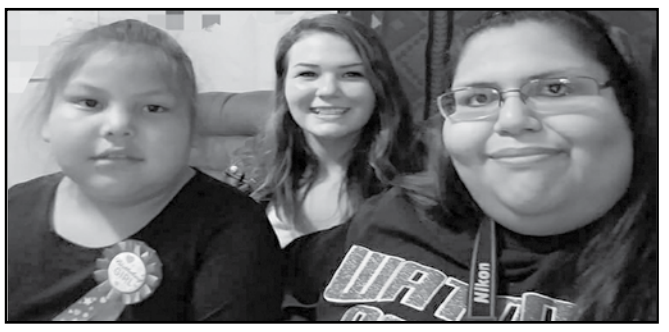
May 17th
Happy Birthday Adam!
Love, your family.

Happy fifth birthday
Adele Evelyn Greeley
Love, Your Family

Happy Birthday Jay Allen!
May the 4th be with you too.
Your old friend, Angie B.

May 19th
Happy Birthday Audrina Johnnie Greeley!
Love, your Family

Happy 75th Birthday to Viola Hines! You're a wonderful mom, grandma, great grandma, aunt and sister! We hold you close to our hearts and hope your day was special! May God bless you with many more birthdays to come! Love always, your family



Happy Birthday to Lainie on May 16th and happy birthday to Abbie on May 17th I love you both! Love, Auntie Codi

Happy birthday to baby Jr Domedo, 3, Francis, 7, and daddy Jerry Domedo, 40

May 20
Happy first Birthday
Jay'Lea
Love you babygirl,
Auntie Codi

Happy Mother's Day

Happy twelfth birthday to Teya Whiteshirt on May 3 and happy fourteenth birthday to Aldan Whiteshirt on May 18

Happy Mother's Day to Seneca Domedo and Happy Mother's Day to my mom Mary Sleeper

Happy Mother's Day to all the moms out there: Goose bump, Tonya, Marcy Amizo, Harmonica, Recipe, Cow-Eyes, Paula Sue, Ash-Bash, Reese, Skeeter, Laci, Can, Regan, Erin, Jamie Lee, Angie B, Kelly Ann, Jamie Lynn, Hub-cap, Gina Gould, Rose, Billie Sue, Donna, Maud, Holly, Sue, Nancy Ruth, Pam-Bam, Ava B, Teri, Oatmeal, Baby Ellen, Baby C, Renee, Doll, Lida, Steph, Mona, Carol, Kim, Alberta, Max, Francis, Michelle, Christy, Bonnie, Jane, Millie, Barbara, Kathy, Jerrica, G-nut, Tiara and my indian mom peaches, Love, Jay Allen

Happy Belated Birthday bro Geno, May 3rd, we love you, miss you, keep ya head up. Love Russ, Amy, Karla, Lisa and momma

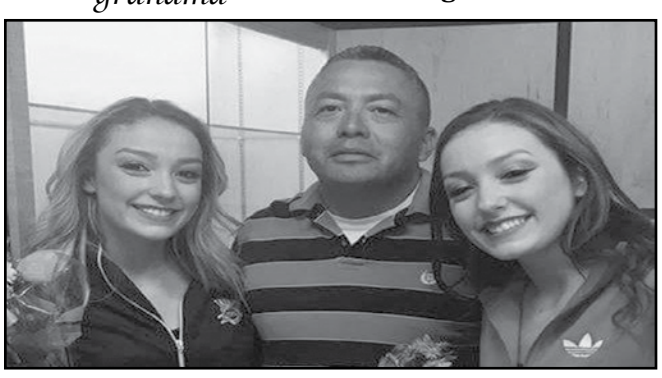
Happy Belated 11th Birthday Gage, May 4th from all from all of us!

Congratulations!

Congratulations Rayleen Lena, great granddaughter of Timothy and Nancy Nibs, on representing your team at the state tournament. Follow your dreams, we love you! mom, dad, grandpa and grandma

Congratulations to senior, Addisyn Lena, great grandson of Timothy and Nancy Nibs, for representing your team at the state tournament this year. Follow your dreams, we love you! mom, dad, grandpa and grandma

Congratulations Tommy Lonelodge on graduating from El Reno High School! We are so proud of you and your accomplishments, we know dad is watching over you. We hope you continue to set goals and achieve them, we support you every step of the way. We will miss you while you are away for military training in Georgia and Virginia for four months and look forward to seeing you attend college in the spring. We love you! Mom, Toya and Jackie

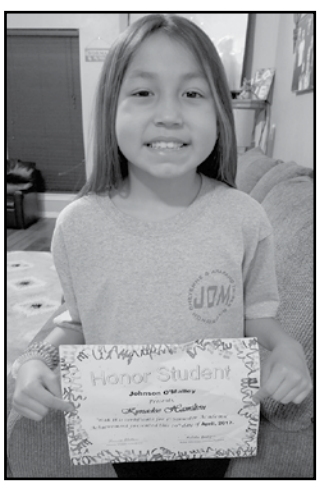


Congratulations Emily and Morgan Hawk! We are so proud of you for graduating! Love you both, dad, Kerrin, Iven, Smoke and Paige

GOOD JOB

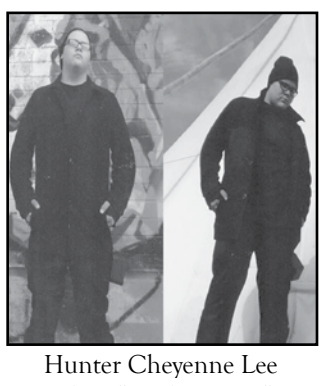
Laci Snider was chosen as Head Start's employee of the month for the month of March. She has worked at the Clinton Center for 3 years and has continuously improved her job performance and is always willing to help out wherever she is needed. She just recently transferred from cook to floater/ transportation and has transitioned very well into her new position. Laci is a great asset to our program and we are so happy to have her!

Well done!

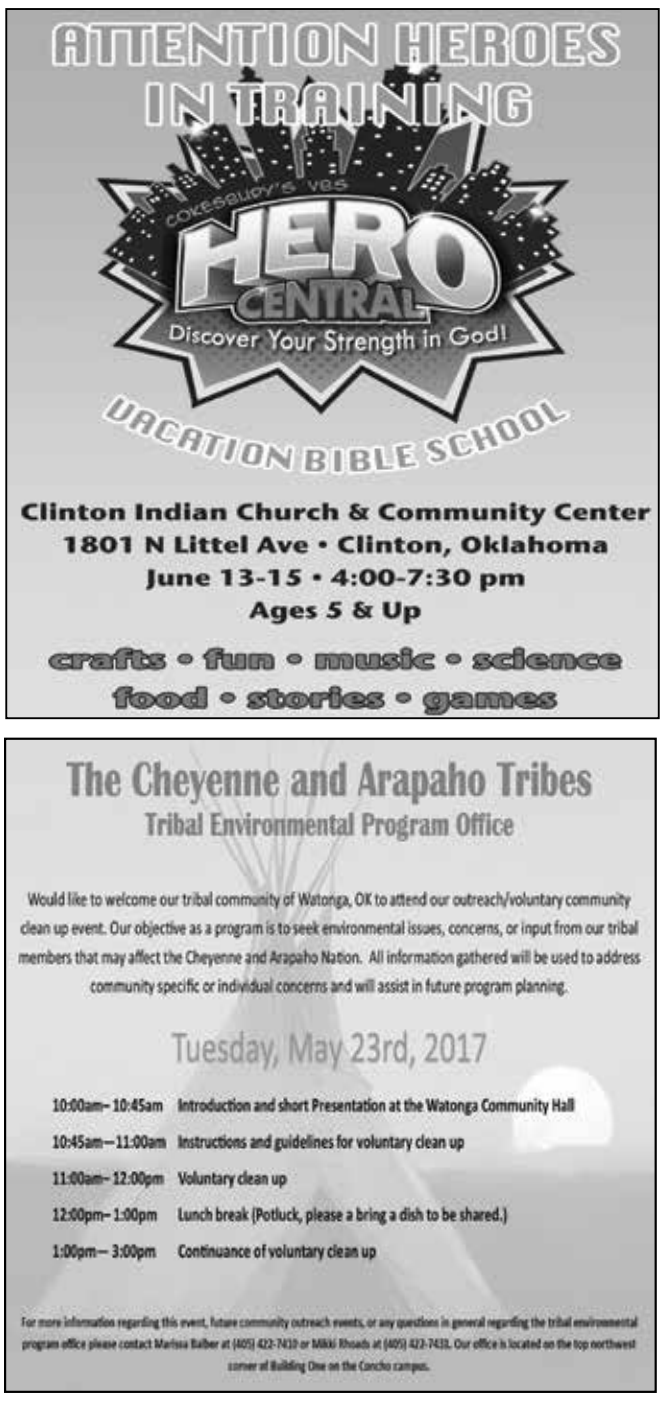


Big shout out to our beautiful daughter Kynadee Sue! She made all As and made the Superintendent's Honor Roll! We are super proud of you!
Love, mom and dad.

Congratulations on your graduation and many accomplishments! I'm always so proud of you. Norman High School class of 2017. Love you Jan Jan! From Auntie Codi



Hunter Cheyenne Lee Mackey, "Smiling Son," is graduating El Reno High School Academy. Hunter plans on attending the Art Institute of Seattle in the fall. We are so proud!
The Mackey family


ATTENTION HEROES IN TRAINING
COKESBURY'S VBS
HERO CENTRAL
Discover Your Strength in God!
VACATION BIBLE SCHOOL
Clinton Indian Church & Community Center
1801 N Littel Ave • Clinton, Oklahoma
June 13-15 • 4:00-7:30 pm
Ages 5 & Up
crafts • fun • music • science
food • stories • games

The Cheyenne and Arapaho Tribes
Tribal Environmental Program Office
Would like to welcome our tribal community of Watonga, OK to attend our outreach/voluntary community clean up event. Our objective as a program is to seek environmental issues, concerns, or input from our tribal members that may affect the Cheyenne and Arapaho Nation. All information gathered will be used to address community specific or individual concerns and will assist in future program planning.
Tuesday, May 23rd, 2017
10:00am– 10:45am Introduction and short Presentation at the Watonga Community Hall
10:45am–11:00am Instructions and guidelines for voluntary clean up
11:00am– 12:00pm Voluntary clean up
12:00pm– 1:00pm Lunch break (Potluck, please a bring a dish to be shared.)
1:00pm– 3:00pm Continuance of voluntary clean up
For more information regarding this event, future community outreach events, or any questions in general regarding the tribal environmental program office please contact Marissa Balber at (405) 422-7410 or Mikki Rhoads at (405) 422-7433. Our office is located on the top northwest corner of Building One on the Concho campus.

POWWOWS DANCES EVENTS CALENDAR

Barefoot Powwow Presents Princess Coronation

May 19, 2017 at the Canton Gym in Canton, Okla. Supper at 5 p.m. with dance to follow.

Coronation for Senior Miss Irene Sankey, Junior Miss Carleigh Flyingout and Tiny Tot Kynlee Hart.

Tunica-Biloxi 22nd annual Powwow

May 20-21, 2017 at the Earl J. Barbry Sr. Convention Center, Mari Showroom, Paragon Casino Resort in Marksville, LA.

Contest registration is 8 a.m. - 12 p.m. Saturday, May 20 in the Mari Showroom lobby. Contest points begin at 1 p.m. Grand Entry on Saturday.

For more information contact Ryan at 800-272-9767 ext. 6433 or email rlopez@tunica.org.

Oklahoma Indian Nation Powwow Committee's Coronation Dance

May 27, 2017 at the Darlington School gym in Darlington, Okla.

Crowning of the 2017 Royalty, Senior Miss Morningstar Hoffman, Junior Miss Christiana Derenzo, Little Miss Kirsten Coppage and Tiny Tot Mahlea Warrior.

MC Max Bear, HS Redstone Drum Group, HMD Kendrick Sweezy, HLD Sophia Biggoose, HLB Samuel Morton, HLG Happy Shortman, Special Guest Tammy Seger Rios and AD Seth Littleman.

Graduation Dance for Jandra Alisia Levi

May 27, 2017 at the Concho Community Center in Concho, Okla. Gourd dancing and specials at 3 p.m., supper at 6 p.m., Grand Entry at 7 p.m. Registration 5-6:45 p.m.

MC TBA, HS Deon Wermy, HMD Cody Blassingame, HLD Thomasina Rose Goodeagle, HLB Benjamin Botone (6), HLG Presleigh Wilson (6), Honored Family Buffalomeat descendants, Honored Elders Mike and Thomasina Leader and AD David Littlebear.

Graduation Honor Dance for Dr. Natalie Rose Youngbull

June 3, 2017 at the Concho Community Center in Concho, Okla.

Gourd dancing begins at 2 p.m., dinner at 5 p.m., with dance to follow. Special contest Golden Age Women, winner take all.

MC TBA, HS Curtis Hamilton-Youngbird, HM Gabriel Scabby, HL Michelle Tippeconnic, HTG Jaylin Reveles, HLB John Standingwater, HLG Nazhoni Sleeper, Honored Elder Lucy Snyder, Co-Host Red Moon Gourd Clan, AD TBA.

Benefit Dance for Northern Arapaho Sponsor Chief Lonebear

June 3, 2017 at the Concho Community Center in Concho, Okla.. Supper at 5 p.m. with dance to follow.

MC Michael Toahty, HS Fred and Frank Mosqueda, HMD Rory Littleraven, HLD Lena Nells, Honored Veteran Alvin Sage, US Army, Honor Elder Sisters Lavonta Kenrick and Viola Hatch, AD Earl Plumley and Co-Host Oklahoma Indian Nation Powwow Committee.

Sponsored by the Stevens family and Gloria Uranga.

The 26th annual Austin Powwow and American Indian Heritage Festival

10 a.m. - 10 p.m., Nov. 4, 2017 at the Travis County Expo Center, 7311 Decker Lane in Austin, Texas.

Native Amerian Market runs 9 a.m. - 9 p.m. $25,000 in cash prizes.

MC Choogle Kingfisher, AD Harold Rogers and Emilliano Flores, HMD Cecil Gray, HLD Brennah Wahweotten, HGD Hyde Toppah, Head Judge Juaquin Hamilton, Host Southern Drum Thunder Hill of Oklahoma, Host Northern Drum Young Bear of North Dakota and Color Guard Cherokee/Kituwah.

For vendor information email info@austinpowwow.net.

EMPLOYMENT

Employment: Submit a tribal application, resume, diploma(s), transcripts, valid copy of Oklahoma state driver's license and a copy of CDIB (if applidable) to Personnel Department, PO Box 38, Concho, OK 73022 or email atisdale@c-a-tribes.org.

CASEWORKER
Indian Child Welfare Office
Closing: Until Filled

Qualifications:

Prefer bachelor's degree in social work or related field or an equivalent combination of education and experience. Require one year of experience in professional related capacity. Knowledge and an understanding of the Indian Child Welfare Act of 1978. Ability to work flexible hours and willing to work other than normal working hours including weekends, holidays and after 5 p.m. Must have knowledge of crisis theory and interventions, understand and strive to implement the program's goals, objectives, rules and regulations. Must have basic knowledge of early childhood education and child welfare casework, child abuse and neglect indicators. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho /Native American cultures and values. Ability to work with difficult clientele. Must complete OKDHS Criminal History Review and supplemental application. Cheyenne-Arapaho preference.

SALARY: Negotiable

TEACHER
Child Development / Clinton Location
Closing: Until Filled

Qualifications:

Teachers hired after July 1, 1995 are required to be at least 18 years of age, have a high school diploma or GED certification or have completed the 10th grade and be in the process of obtaining a GED for a period not to exceed 12 months. Must sign employee contract stating employee will attain CDA or Mastery Certification to maintain employment. Must have a valid Oklahoma driver's license and pass physical exam. Must be able to lift 50lbs., be physically fit to work daily with children and demonstrate basic knowledge of early childhood development. Must attend staff meetings as well as parent meetings when require, submit monthly reports, attend workshops and have adequate transportation. Must have skills to relate to the community in general. Must pass a criminal background check, mandatory drug and alcohol screen and be willing to work flexible work schedule. Cheyenne-Arapaho preference.

SALARY: Negotiable

Health Promotion Specialist (Seasonal)
Health Education
Closing: May 18, 2017

Qualifications:

Prior experience in a health related field preferred. High school diploma or GED certification required. Some college is preferred. Must have driver's license and provide current motor vehicle report. Must be willing to obtain CPR and first aid certification. Familiar with organization policies and procedures. Cheyenne and Arapaho preference. Knowledge of Cheyenne-Arapaho culture. Must be willing to work flexible hours including nights and weekends. Must pass background check. Must be in good physical condition and able to lift heavy items.

SALARY: Negotiable

Transit Driver II/On Call
Roads/Tribal Transit
Closing: Until Filled

Qualifications:

Valid Oklahoma Class D driver's license. Must possess or be willing to obtain CPR certification. Transit frivers must pass a pre-employment drug screening process and subject to random drug testing. Must be able to lift a minimum of 50 lbs. with no physical barriers. Must be able to communicate effectively to patrons and supervisors any findings or incidents. High school diploma or GED equivalent. Cheyenne-Arapaho preference.

SALARY: Negotiable

LEGAL NOTICES

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED APR 28 2017 IN THE TRIAL COURT DOCKET PAGE FILM IMAGE COURT CLERK DEPUTY

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of Guardianship Of;
D.L.R.,II
DOB: 2/9/09
Minor Child,

Case No. PG-2013-86

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: VINA BISSONETTE

You are hereby notified that Richard Bissonette has filed in this Court a Petition For Guardianship of D.L.R.,II, DOB: 2/9/09, minor child on the 28TH day of APRIL, 2017, and that said Petition is hereby set for a Show Cause Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 10 TH day of MAY, 2017 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Petition For Guardianship should not be granted.

Dated this 28TH day of April, 2017.

Rebekah Trojan, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED MAY 10 2017 IN THE TRIAL COURT DOCKET PAGE FILM IMAGE COURT CLERK DEPUTY

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Guardianship Of:
R.L.B
DOB: 09-05-14
A Minor Child,

Case No. PG-2017-0057

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: TODD L. BEARSHIELD (Address Unknown)

You are hereby notified that Alexis S. Warledo has filed in this Court a Petition for Appointment Of Guardianship of the minor child, R.L.B. DOB: 09-05-14, and that said petition is hereby set for a Hearing to be heard in the Court room of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 31ST day of MAY, 2017 at 10:00 A.M., at which time you may appear.

Dated this 10TH day of MAY, 2017.

Desirae' Barnes, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

OBITS

David Hunter Williams
Dec. 26, 1961
April 24, 2017

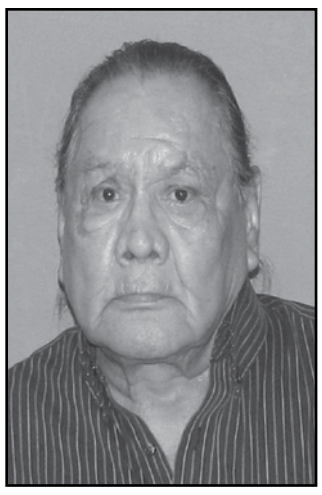
Wake services for David Hunter Williams were held May 1 at the McComb & Sons Funeral Home in Ft. Wayne, Ind.

Funeral services were held May 2 at the same venue, followed by an Interment at the Concordia Cemetery Gardens.

Patrick Emhoolah
Nov. 15, 1977
April 24, 2017

Wake services for Patric Emhoolah were held April 27 at the Comanche Nation Chapel in Lawton, Okla.

Funeral services were held April 28 at the Wares Chapel in Anadarko, Okla., followed by an Interment at the Wares Cemetery.



Bennie Thomas Thunderbull Jr.
Sept. 21, 1942
April 23, 2017

Wake services for Bennie Thomas Thunderbull Jr. were held April 27 at the Clinton Indian Baptist Church in Clinton, Okla.

Funeral services were held April 28 at the same venue, followed by an Interment at the Clinton Indian Cemetery.

Josephine White Skunk
Oct. 1, 1947
May 2, 2017

An all night wake service for Josephine White Skunk was held May 5 at the Clinton Community Center in Clinton, Okla.

Funeral services were held May 6 at the same venue, followed by an Interment at the Hammon Indian Cemetery.

Christina Louise Steele
Nov. 13, 1964
April 23, 2017

Wake services for Christina Louise Steele were held April 26 at the Clinton Indian Baptist Church in Clinton, Okla.

Funeral services were held April 17 at the Geary First Baptist Church in Geary, Okla., followed by an Interment at the North Family Cemetery.

Betty Jean Whiteman
March 16, 1957
May 2, 2017

An all night wake service for Betty Jean Whiteman was held May 7 at the Hammon Community Center in Hammon, Okla.

Funeral services were held May 8 at the Community Fellowship Church in Hammon, Okla., followed by an Interment at the Hammon Indian Cemetery.

Michael Neil Schildt died May 4, 2017 in Taos, NM, at the age of 44 years.

He was born July 24, 1972 in Los Angeles, Calif. Michael was an artist and a member of the Native American Church.

Michael is survived by his mother Linda Pedro Gomez of Taos, four sons, Forrest Martinez and Eagle Boy Schildt both of Albuquerque, N.M., and Kodi Bear Schildt and Kaisoma Schildt both of Los Lunas, N.M., a daughter, Summer Rose Schildt of Albuquerque; and two brothers, Joe Gomez and Curtis Spottedcorn both of Taos.

His father Carl Buck Schildt, two brothers Mark Gomez and Aaron Spottedcorn; sister, Tiona Gomez and step-father Daniel Gomez preceded him in death.

Services were held at the Benson Memorial Chapel with Rev. Waylan Upcheco officiating. Burial took place at the Pedro Family Cemetery in Calumet, Okla., under the direction of Huber-Benson Funeral Home.

Editorial

continued from pg. 4

Iraq and Afghanistan also arrived to support standing rock resistance. The resistance was met by the major forces of American military, police and mercenaries. Treatment of those natives arrested can be compared to abuse at Guantanamo. The camp has disbanded, and relocated. Standing rock was and is the epicenter of indigenous resistance. A few of the opposing forces, mostly American police resigned and joined the resistance.

Since Standing Rock occupation the courts of North Dakota are currently adjudicating the cases of abuse from Americas police and armed forces. Many of the approximately 800 native water protectors and others arrested are being released from jails. At current the state judicial branches of North Dakota are refusing to release data regarding Standing Rock. The resistance at Standing Rock is now a name of resistance all over the activist world.

As an elder Cheyenne warrior, headsman sun dancer and poet, I offer these few words of encouragement. We are born out of water in peace, in peace with the world so lost, we must clear the way for our arriving generations. We must teach our children things that will make them want to live.

As my southern Cheyenne people look toward electing tribal persons who have placed their names for various positions in our tribal leadership, I implore each one of you to remember your families and our responsibilities to our sacred ceremonies. Our elected tribal members must be individuals who comprehend the true meaning of sovereignty. The Trump administration is quickly moving toward privatization of tribal lands and subsequent termination of our treaties.

This is the reality we are facing. We must look toward leaders who take full responsible action to fight against the colonial forces now threatening our lands and sacred ceremonies.

Lance Henson
May 10 2017

ATHLETE'S SPOTLIGHT

Interview & photo by Rosemary Stephens

Kingfisher High School senior Phyllisha Patton knows exactly what's she wants to do upon graduation and has worked her entire high school years to get there.

She will be attending Southwestern Oklahoma State University in Weatherford, Okla., majoring in Kinesiology so she can coach the sport she loves.

But first things first, the State Tournament held May 4-5 in Catoosa, Okla., where she placed 3rd in the discus throw and 12th in the shot put.

When did you first begin competing in the shot put/ discus throw and how?

Seventh grade year I joined basketball and it was if you do basketball you had to do track also, so I was like okay sounds fun and from there I fell in love with the shot put and disc … I just loved the way it got me into lifting more and running more and it was just a lot of fun.

What is it about the sport that you love the best?

I love the teamwork and the adrenaline rush.

What is your biggest accomplishment in your sport so far?

Going to state.

What is your GPA (if known)?

2.88

What goals have you set for yourself in your sport?

Beating my sister and let me say it was hard. Sometimes I come home in second place and she came home in first.

What actions are you taking to reach your goals?

I put forth more effort, reaching a little goal and then setting another goal right after that and striving to reach that goal. I strive to keep my grades up so in turn I can do the sports and things that I love.

What has been the most exciting meet you have competed in?

The meet in Sulphur, this year, where I threw a 125.11, almost breaking the school record, which I didn't do but my sister did later on in Luther.

What is the best advice you have ever been given and who gave you that advice?

Never quit and always do the things that you love from my dad.

Do you have a saying or motto that you live your life by?

It's a Bible verse … you can do all things through Christ. If you are with Christ you have the strength to accomplish things.

Who or what inspires you the most?

My sister Rayna, who inspires me to work harder and go further and I know if I try harder she will try harder to beat me and then I will try harder and we will keep going further and further.

What are one or two things in your training, that you feel are keys to you being successful in your sport?

I'm the crazy one, I love running. I mean I really love running, practicing on form and lifting.

What is your favorite meal before or after a game?

My favorite meal like the night before a meet is spaghetti or pasta stuff and in the morning of the meet some McDonalds for breakfast and after a meet a candy bar and a coke. I like to eat, it doesn't matter.

Who has had the biggest impact on your life?

My last year's coach, Coach Arrington. He's been with me since the seventh grade and has taught me everything.

What are some of your hobbies?

I like to play in a band.

What kinds of music do you enjoy listening to?

It depends. I like listening to rap and then also my girly girl side comes out and I like to listen to Justin Bieber … just a mixture of music.

What is one thing about you that no one else knows?

I really do like Tracey Smalley but like I think I might even be in love with him. I've known him since second grade and yep I might be in love with Tracey Smalley.

Were you ever bullied in school? What steps do you feel should be taken to protect those being bullied in schools today?

There were kids that used to call me names, but I got used to it and I just didn't care, but then I realized I had become a bully towards my sister. I thought I was just trying to toughen her up, I didn't realize I was taking her all the way down and so I just quit … it still hurts me to think I hurt her like that. My opinion is teachers really need to step in, like for me they should have just sent me to the office. Karma will always come around.

How do you combat drug & alcohol use by peer pressure?

If someone asks me my answer is my dad is coming or I have to go or my dad and I are doing something. I don't want to do those things because they will kill you.

If you could change one thing in the world, what would it be?

My actions … no wait that I told you that I was in love with Tracey Smalley.

What would be a dream come true for you in your life?

Getting married to Harry Stiles, most people don't know that I am a One Direction fan, but I don't care because I have been obsessed with them since 2010. I know exactly when I heard

their first song and I know all of their songs, so yes I am a little obsessed with them.

Who is your favorite athlete of all time?

My sister.

Which team is your favorite team?

I actually don't.

What are your immediate plans after graduating high school?

Attending Southwestern Oklahoma State University, taking Kinesiology so I can coach track.

What would be your advice to younger kids coming up behind you?

Don't goof around and actually do your work. My freshman year I should have paid more attention and did all the work, and now that I am a senior I know school goes by way too fast. Do all the work, have fun and don't be too hard on yourself. In your sport, take it serious, but don't take it so seriously that you beat yourself up.

Phyllisha's parents are Chris and Andrea Patton. She has one sister, Rayna and two brothers Chris and Eric.

GOLFING GREATNESS

Pictured l-r: Vince's grandfather Charles Howlingwater, Vince Aispuro and Tracy Matlie.

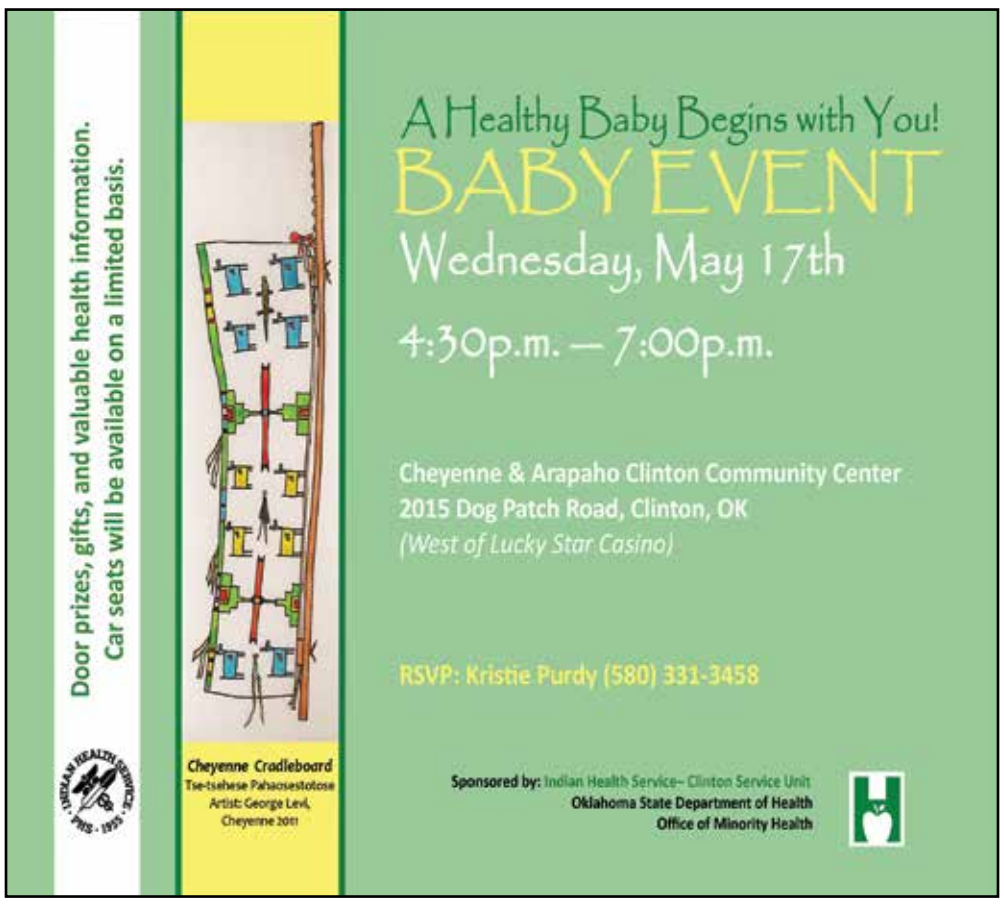
Golf prodigy Vincent Aispuro was presented with a plague by Tracy Matli, President of the Watonga Golf Association in May 1 in Watonga, Okla.

The plague was given for a 160 yard hole in one Vince shot on Aug. 29, 2016 at the Watonga Golf Course.

Vince has been playing golf since he could walk and can usually be found with his golfing partner, his grandfather Charles Howlingwater on any given day playing golf.

Vince's parents are Alicia and Alfonso Aispuro.Grandparents are Charles and Delores Howlingwater and he has one sister, Avery.

(Photos courtesy of Watonga Republican)


A Healthy Baby Begins with You!
BABY EVENT
Wednesday, May 17th
4:30p.m. — 7:00p.m.
Cheyenne & Arapaho Clinton Community Center
2015 Dog Patch Road, Clinton, OK
(West of Lucky Star Casino)
RSVP: Kristie Purdy (580) 331-3458
Door prizes, gifts, and valuable health information.
Car seats will be available on a limited basis.
Cheyenne Cradleboard
Tse-tsehese Pahaosestotose
Artist: George Levi,
Cheyenne 2011
Sponsored by: Indian Health Service– Clinton Service Unit
Oklahoma State Department of Health
Office of Minority Health

A Veterans guide to the HUD-VASH Tribal Program

What is Tribal HUD-VASH?

This is a program that was developed in partnership with the Department of Housing and Urban Development (HUD), the Department of Veterans Affairs, and the Cheyenne and Arapaho Tribes. "VASH" stands for "VA Supported Housing." It was designed to assist homeless Veteran families. We provide case management and community support services to keep Veterans in permanent quality housing in the community.

Veterans and their families who take park in this program will receive case management services through the VA and Housing assistance through the Cheyenne and Arapaho Tribes which will support their long-term housing needs.

The Mission of the HUD-VASH program on Tribal Land is to provide full-range case management services that: Improve the health status and social integration of Veterans; Reduce substance abuse and psychiatric relapses; Help Veterans gain access to community resources so they can stay in permanent community-based housing; Build new skills and form enjoyable relationships to help Veterans live well.

Who is eligible?

If you are homeless, are a member of the Cheyenne and Arapaho Tribes, and are a VA health care eligible Veteran who needs management services, you may be eligible for the program. You must commit to live in Custer, Canadian, or Blaine County.

If you are interested in the program, contact us by calling the numbers listed on the bottom or by email.

How does HUD-VASH work?

Your application will be reviewed by a HUD-VASH Case Manager. If accepted into the program, the Case Manager will contact you to schedule a time to meet and start the housing process.

Your case manager will assist you and your family to get the information needed for referral to the Cheyenne and Arapaho Housing Office for your voucher. You will also need to meet with the case manager to do an assessment of your strengths and needs.

A treatment plan is developed to meet your specific situation and needs.

What role do I play?

Your participation in the treatment plan is key. This program helps you stay in housing by making positive life changes in your recovery from homelessness. Some treatment plan items could include: Medical appointments; Going to mental health appointments; Taking medications as prescribed; And attending substance use recovery and support meetings.

Your Housing Office and case manager will assist you with finding affordable housing and meeting with potential landlords.

After you have moved into your new place, your case manager will continue to help you achieve your goals. They will assist you with your recovery plan, including money management and connecting with your community. Following your recovery plan is important so that you are able to stay housed.

Do I need HUD-VASH?

Are you a homeless Veteran and Cheyenne and Arapaho Tribal member?

Do you have a history of not being able to keep housing?

Do you feel like no matter what you do, you just can't seem to get ahead?

Do you want to see positive changes in your life?

Do you believe if someone would spend a little more time with you, one-on-one, showing you how to do things, you could probably be successful?

Are you willing to learn new skills?

Are you willing to work closely with another person?

Have you ever thought, "I can do better than this, but I'm not sure how to begin?"

If you answered YES to these questions, then HUD-VASH may be for you.

How to contact us:
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Carissa.Dobrinski@va.gov
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James.Hammond@va.gov
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Matthew Fox
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Matthew.Fox2@va.gov
Tribal HUD/VASH
921 NE 13th Street
Oklahoma City, OK 73104

Cheyenne and Arapaho Tribes DOH and Tradition Not Addiction
Present Our First
YOUTH RALLY!!
WE INVITE ALL TRIBAL YOUTH, AGES 12-25, TO ATTEND!
For more info call
(405) 422-7659
(405) 422-7428
Or email
ASweezy@c-a-tribes.org
Ssandoval@c-a-tribes.org
Tware@c-a-tribes.org
National Prevention Week
Tribal Community
Prevention Rally
May 17th, 2017 6pm-8pm
Concho Community Hall
Concho, OK
Special Guest
Kasey Nicholson
Kasey Nicholson as our Motivational Speaker/Comedian, Masters in Rehabilitation & Mental Health. He is Northern Arapaho and a member of the Aa-aaa-niii-nin (WhiteClay Nation) of the Fort Belknap Indian Reservation in North-Central Montana. Kasey is now currently self-employed as a Motivational Speaker, Emcee, Presenter, Entertainer, Comedian, Acrylic Artist and Wellness Educator.
FOOD
ACTIVITIES
COMEDIANS
DOOR PRIZES
SAMHSA
NPAM
MAY 14-20, 2017
Co-Sponsors
CHR Program, Diabetes Wellness Program,
Cheyenne Dist.#2 Legislator Alan Fletcher, Arapaho Dist.#2 Legislator Christine Morton

This WEEK at Lucky Star CASINO
CONCHO • CLINTON • CANTON • WATONGA
CONCHO TRAVEL CENTER • HAMMON TRAVEL CENTER

MONDAY: MEN'S DAY — 2 PTS FOR $10 10AM – 11PM
TUESDAY: HI n LOW GAME — EVERY HOUR 10AM – 11PM
WEDNESDAY: MAKIN' IT RAIN — EVERY HOUR 12PM – 11PM
THURSDAY: LadiesDay — 2 PTS FOR $10 10AM – 11PM
FRIDAY: FAST FRIDAYS — $25 HOT SEATS EVERY HALF HOUR 10AM – 11PM
SATURDAY: PLAYER'S CHOICE — 10AM – 11PM
SUNDAY: Senior's 55+ Day — 2 PTS FOR $10 10AM – 11PM

This month we're giving away up to $360,000 at all locations!

Play for your chance to step inside the MONEY MACHINE AND GRAB AS MUCH FREE PLAY AND CASH PRIZES AS YOU CAN!

Every Wednesday In May!
DRAWINGS EVERY HOUR FROM 12PM TO 11PM

ELIGIBLE WITH 2 POINTS EARNED ON STAR CARD WITHIN THE HOUR PREVIOUS TO EACH DRAWING. WINNER CHOSEN BY HOT SEATS!

Grab a BONUS SLIP AND INCREASE YOUR PRIZE!

Player must be present at Player's Club to redeem prize. Must be a Star Card Player. One promo per person, per day. See Player's Club for complete details.

MEMORIAL DAY
MONDAY, MAY 29
$500 DRAWINGS!
EARN ENTRIES 12PM - 8PM
DRAWING TIMES AT 3PM AND 8:30PM
One entry per player with 10 points earned.
$25 MILITARY PLAY
(WITH VALID MILITARY ID)
ALL MILITARY GET A FREE ENTRY!
One promo per person, per day.
See Player's Club for complete details.

LuckyStarCasino.org | See Player's Club for Details.
Promotions valid during Player's Club hours. One promo per person, per day. Management reserves all rights to cancel or modify any or all promotions without prior notice. ©2017 Lucky Star.